

Shepherd's Pie



Ingredients

- 1 head cauliflower
- 2 tbs butter (grass-fed)
- 1-3 tbs cream (optional)
- Salt & pepper taste
- 3 tbs olive oil
- 1 medium sized onion, chopped
- 1 cup frozen organic peas & carrots, thawed
- ¾ cup frozen organic green beans, thawed
- 1 pound ground grass-fed beef or bison
- 1 tbs coconut flour or almond flour
- ¾ cup beef stock or broth
- 1 tbs chopped fresh thyme or 1 teaspoon dried
- 1 tbs chopped fresh rosemary or 1 teaspoon dried
- 2 tbs butter

Preparation

- Preheat oven to 200°C (390°F)
- Break the cauliflower up into chunky pieces and steam until just tender
- Place in your food processor with 2 tablespoons butter and process until smooth.
- Add salt & pepper to taste
- Add 1 tablespoon of the cream (which is optional but gives it a rich creamy taste) at a time until smooth but still fairly thick & then set aside
- Heat oil in a skillet over medium-low heat
- Add the onion and sauté several minutes until soft & then add beef and cook for about 5 minutes, stirring to break up the meat so it browns evenly.
- Add peas, carrots and green beans and cook another five minutes
- Stir in the coconut flour.
- Add broth and herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes.
- Add salt and pepper to taste.
- Remove from skillet and put into a 9-inch pie pan.
- Spread the cauliflower over the top.
- Scatter 2 tablespoons of butter cut into small pieces on top of the cauliflower.
- Bake 30-35 minutes.
- Remove from oven & serve this all time popular dish

PS. Take a Look At These Paleo Diet Resources

- **Paleo Guide**
<http://www.total-health-fitness.com/paleo-guide/>
- **Paleo Meal Plan**
<http://www.total-health-fitness.com/paleo-meal-plan/>
- **Paleo Food List**
<http://www.total-health-fitness.com/paleo-diet-food-list/>
- **Paleo Recipe Book**
<http://www.total-health-fitness.com/info/paleorecipebook.php>